

Breastfeeding at Birth

Breastfeeding can start immediately after the infant is born. Sometimes the newborn infant may be sleepy when born. If this is the case, placing the baby skin to skin with the mom will aid in obtaining a successful latch. Early breastfeeding can help prevent maternal breast engorgement when milk supply comes in.

Breastfeeding the First 2 to 3 days

During the first few days after delivery, your breasts contain colostrum. This fluid does not come out of your breasts in ounces; it comes out in drops. These drops of colostrum are packed with enough nutrition to sustain your infant. It is important to breastfeed your infant every 2 to 3 hours for about 15 to 20 minutes. Make sure you offer the infant both breasts per feeding. It is normal for your infant to want to feed more often.

Breastfeeding When Your Milk Comes In

Breastfeed every 2 to 3 hours for about 15 to 20 minutes. Offer both breasts. It is normal for your infant to want to feed more in order to meet his/her nutritional needs. Your infant may have episodes where it seems as if he/she has been feeding constantly. These episodes are called "growth spurts." Growth spurts change the quantity of milk that comes from your breasts in order to meet your growing infant's needs.

How do I know my baby is getting enough milk?

You will know your baby is getting enough nutrition if he or she has 7 or more wet and dirty pampers in a 24 hour period. Your infant's stools will turn from its dark color to yellow.

Nipple Soreness

Nipple soreness usually occurs and resolves with the first week of breastfeeding. Nipple soreness beyond the first week is not normal and can be due to many reasons: improper infant latch/suckling, improper breaking of suction, or infection.

Prevention of nipple soreness

- ➡ Make sure the infant has a good latch while breastfeeding. Infant must latch onto the nipple plus a sizable portion of the areola
- ➡ Let breasts hang in a basin of warm water for a few minutes to relieve nipple soreness
- ➡ Clean breasts with warm water and apply purified lanolin (i.e. lansinoh cream) to promote moist healing
- ➡ Let nipples air dry, wear a clean bra everyday
- ➡ Use breast pads and change them out frequently to prevent soreness and infection

Engorgement

Engorgement, or a feeling of full and tender breasts can occur as the breast milk comes in. This condition may last about two days. The following are interventions you can do to help alleviate engorgement:

- * Place the infant to the breast for a feed
- * Express milk to relieve discomfort
- * Use warm compresses on the breast or massage breasts while breast-feeding or after breastfeeding
- * Use mild analgesics such as Tylenol or Motrin, as directed, to relieve the discomfort
- * Avoid pacifiers and supplementing with formula until milk supply is well established

Notify your Healthcare Provider if you experience:

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| 1) Severely painful breastfeeding sessions | 2) Fever and chills | 3) Red streaks on breasts |
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